Amendments to the Claims

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

Claims 1-8 (canceled).

Claim 9 (currently amended): The method according to claim 25 31, further comprising the step of adjusting an intensity of a signal fixing said actual weather field according to the high frequency signal for optimizing a reduction of electrostress.

Claims 10- 12 (canceled).

Claim 13 (currently amended): The method according to claim 25 31, wherein a signal fixing said actual weather field is time limited and assembled in an endless signal train.

Claims 14 - 15 (canceled).

Claim 16 (currently amended): The method according to

claim 27 31, wherein said extracting step further comprises the step of digitally subtracting a selected signal for the natural alternating electromagnetic field from a received mixed signal spectrum.

Claims 17 - 30 (canceled).

Claim 31 (new): A method for reducing an electrostress acting on human cells when transmitting a high frequency signal between a transmitter and a receiver, the method comprising the steps of:

- a) linking the high frequency signal with a signal for a natural alternating electromagnetic field to form a linked signal, wherein the signal for the natural alternating electromagnetic field approximately conforms to an actual weather field;
- b) extracting the high frequency signal from the linked signal in the receiver, wherein said step of extracting the high frequency signal in the receiver from the signal for the natural alternating electromagnetic field occurs by reading a given

spectral time curve stored in a memory of the receiver, wherein said extracting step occurs by extracting from an endless repeat spectra of sferics each being recognized in terms of time by means of time spectrum recognition in a respective repeat period; and

c) reducing the electrostress on surrounding human cells via the presence of the natural alternating electromagnetic field in addition to the high frequency field.

Claim 32 (new): A method for reducing an electrostress acting on human cells when transmitting a high frequency signal between a transmitter and a receiver, the method comprising the steps of:

- a) linking the high frequency signal with a signal for a natural alternating electromagnetic field to form a linked signal; and
- b) extracting the high frequency signal from the linked signal in the receiver, wherein said step of extracting the high frequency signal in the receiver from the signal for the natural

alternating electromagnetic field occurs by reading a given spectral time curve stored in a memory of the receiver, wherein said extracting step occurs by extracting from an endless repeat spectra of sferics each being recognized in terms of time by means of time spectrum recognition in a respective repeat period.